Table S1. Multiple regression analyses with social jetlag as outcome and MDD diagnosis as predictor in the subsample of people with current employment and children in the household (n = 1305). Model 1 shows the relation without medication effect, model 2 shows the relation when medication is added as a covariate.

	Model 1		Model 2	
	β (95% CI)	p-value	β (95% CI)	p-value
Sociodemographic				
Age	-0.02 (-0.03 – -0.02)	**< 0.001**	-0.02 (-0.03 - -0.02)	**< 0.001**
Sex (female)	-0.11 (-0.20 - -0.02)	**0.02**	-0.10 (-0.19 - -0.01)	**0.02**
Average sleep duration (hours)	-0.001 (-0.05 – 0.04)	0.97	-0.006 (-0.05 – 0.04)	0.77
Disease characteristics				
Reference (no MDD) *n = 344*	ref	ref	ref	ref
MDD diagnosis *n = 961*	0.09 (-0.01 – 0.18)	0.07	0.04 (-0.06 – 0.14)	0.44
Antidepressant medication use (yes)			0.14 (0.04 – 0.24)	**0.006**

Table S2. Multiple regression analyses with social jetlag as outcome and MDD diagnosis as predictor for the splitted sample. Model 1 shows the relation without medication effect, model 2 shows the relation when medication is added as a covariate.

	Model 1		Model 2	
	β (95% CI)	p-value	β (95% CI)	p-value
Sociodemographic				
Age	-0.02 (-0.03 - -0.02)	**< 0.001**	-0.02 (-0.03 - -0.02)	**< 0.001**
Sex (female)	-0.09 (-0.17 - -0.0008)	**0.048**	-0.08 (-0.17 - 0.001)	0.05
Children in household	-0.11 (-0.19 - -0.02)	**0.01**	-0.11 (-0.19 - -0.03)	**0.01**
Current employment	0.09 (-0.02 – 0.20)	0.12	0.10 (-0.02 – 0.21)	0.09
Average sleep duration (hours)	-0.017 (-0.06 – 0.02)	0.45	-0.02 (-0.07 – 0.02)	0.31
Disease characteristics				
Reference (no MDD)	ref	ref	ref	ref
MDD remitted	0.05 (-0.05 – 0.14)	0.33	0.002 (-0.09 – 0.10)	0.97
MDD current episode	0.13 (0.0008 – 0.26)	**0.049**	0.06 (-0.07 – 0.20)	0.35
Antidepressant medication use (yes)			0.15 (0.05 – 0.24)	**0.002**

Differences between sleep timing parameters are studied using multiple regression, with group status (control, remitted MDD or current episode MDD) as a predictor, with sex, age, employment status and children in the household as covariates.

Table S3 & S4 shows the estimates and p-values for group status. Full models are available upon request.

	Sleep onset workdays		Sleep onset free days		Sleep offset workdays		Sleep offset free days	
	β (95% CI)	p-value	β (95% CI)	p-value	β (95% CI)	p-value	β (95% CI)	p-value
Reference (no MDD)	ref	ref	ref	ref	ref	ref	ref	ref
MDD diagnosis	0.14 (0.03 – 0.25)	**0.01**	0.21 (0.08 – 0.33)	**0.001**	0.07 (-0.04 – 0.18)	0.24	0.07 (-0.08 – 0.23)	0.38

Table S4. Multiple regression model studying derived sleep timing parameters between the groups.

	Sleep duration workdays		Sleep duration free days		Midsleep workdays		Midsleep free days	
	β (95% CI)	p-value	β (95% CI)	p-value	β (95% CI)	p-value	β (95% CI)	p-value
Reference (no MDD)	ref	ref	ref	ref	ref	ref	ref	ref
MDD diagnosis	-0.07 (-0.19 – 0.04)	0.203	-0.14 (-0.29 – 0.01)	0.08	0.10 (0.007 – 0.20)	**0.04**	0.14 (0.02 – 0.26)	**0.02**